

Supplement: Marathon Survey

- 1) What is your study/sticker number? _____
- 2) What is your gender?
 - Male
 - Female
 - Prefer Not to Say
 - Other: _____
- 3) What is your age? _____
- 4) What is your race/ethnicity? Choose all that apply.
 - Caucasian/White
 - African American/Black
 - Hispanic/Latino
 - Asian/Pacific Islander
 - Other
- 5) What is your height (ft, inches): _____
- 6) What is your weight (from last time measured in lbs): _____
- 7) Do you have a hydration plan for the marathon?
 - Yes
 - Maybe
 - No
- 8) What resources affect your hydration plan? Check all choices that apply.
 - Prior experience
 - Books, magazines
 - Scientific research, journals
 - Commercials/Ads
 - Online/Internet search
 - YouTube
 - Word of Mouth, other runners
 - Coach
 - Other: _____
- 9) What are you going to drink? Check all choices that apply.
 - Sports drinks (Gatorade, powerade)
 - 100% water
 - Water with added electrolyte supplements (i.e. nuun, GU powder)
 - Coconut water
 - Other: _____
- 10) How much fluid will you drink **before** the race? i.e. water-loading
 - 0
 - <16oz/0.5L
 - 16oz/0.5L to 32oz/1L
 - 32oz/1L to 64oz/2L
 - 64oz/2L to 100oz/3L
 - 100oz/3L to 135oz/4L
 - >135oz/4L
 - Don't know
- 11) **How often** are you planning to drink fluids **during** the race?
 - Every mile/station
 - Every other mile
 - Every third mile or less often
 - Other: _____

12) **Total** amount of fluids you plan to consume **during** the race?

- 0
- <16oz/0.5L
- 16oz/0.5L to 32oz/1L
- 32oz/1L to 64oz/2L
- 64oz/2L to 100oz/3L
- 100oz/3L to 135oz/4L
- >135oz/4L
- Don't know

13) How do you check your hydration status? Check all choices that apply.

- Thirsty
- Urine Color
- Skin changes
- How I feel
- No idea/don't know
- Other: _____

14) Is there a **minimum** amount of fluids you think a marathon runner should drink during a race?

- 0
- <16oz/0.5L
- 16oz/0.5L to 32oz/1L
- 32oz/1L to 64oz/2L
- 64oz/2L to 100oz/3L
- 100oz/3L to 135oz/4L
- >135oz/4L
- Don't know

15) Is there a **maximum** amount of fluids you think a marathon runner should drink during a race?

- 0
- <16oz/0.5L
- 16oz/0.5L to 32oz/1L
- 32oz/1L to 64oz/2L
- 64oz/2L to 100oz/3L
- 100oz/3L to 135oz/4L
- >135oz/4L
- Don't know

16) How many races have you run in the past? Please fill in the table with 0 or the appropriate number.

# Marathons (26.2 mi)	
# Half-Marathons (13.1 mi)	
#10K (6.2 mi)	
#5K (3.1 mi)	
# ultramarathon (>26.2 mi)	
# other races	

17) How long have you been training for this marathon? _____

18) What is your focus as a runner? Check all choices that apply.

- Fun
- Fitness
- Charity
- Recreational Racing
- Competition

- 19) Do you have any of the following medical conditions? Check all choices that apply.
- None
 - Diabetes
 - High Blood Pressure
 - Joint Pains (knee/back included), Arthritis
 - Asthma or COPD
- 20) Do you currently have any injuries?
- Yes
 - No
- 21) How many times have you taken a standard dose of NSAIDs (Advil/Ibuprofen, Aleve, Celebrex, Aspirin) in the **past 7 days**? _____ times
- 22) Are you currently taking any medications? If yes, please list them _____
- 23) Are you taking any supplements? If yes, please list them: _____
- 24) What are you eating during the race? Check all choices that apply
- Nothing
 - Gels/Gus
 - Bars
 - Other: _____
- 25) Will you have coffee or any form of caffeine before the race?
- Yes
 - Maybe
 - No
- 26) How many drinks of alcohol have you had in the past 7 days?
- 0
 - 1-7 in the past 7 days
 - 7-14 in the past 7 days
 - >14 in the past 7 days
- 27) Are you part of a running club or team?
- Yes
 - No
- 28) Have you consulted a physician about your plans to race a marathon?
- Yes
 - No
- 29) Have you heard of water intoxication, water overload or hyponatremia before?
- Yes
 - No
 - Not sure
- 30) If you get hyponatremia/water intoxication/water overload, what symptoms do you expect by the end of the race?
- Symptoms: _____
 - Don't know
- 31) How do you avoid hyponatremia/water intoxication/water overload?
- _____
 - Don't know
- 32) Have you heard of dehydration/drinking too little water before?
- Yes
 - No
 - Not sure

33) If you get dehydration, what symptoms do you expect by the end of the race?

- Symptoms: _____
- Don't know

34) How do you avoid dehydration?

- _____
- Don't know